

# EQUIPMENT EXERCISE IDEAS

Below are links to Google Image searches done on each of the pieces of equipment. There are TONS of images that will help to trigger ideas. Be as creative as possible.

## Balance Trainer Images and Sites

[https://www.google.com/search?q=balance+trainer+exercises&safe=strict&source=lnms&tbm=isch&sa=X&ved=0ahUKEwi0zILR9ajZAhVNwmMKHQA7CM8Q\\_AUICigB&biw=1093&bih=692#imgrc=](https://www.google.com/search?q=balance+trainer+exercises&safe=strict&source=lnms&tbm=isch&sa=X&ved=0ahUKEwi0zILR9ajZAhVNwmMKHQA7CM8Q_AUICigB&biw=1093&bih=692#imgrc=)

## Yoga (Stability Ball) Exercises

[https://www.google.com/search?q=yoga+ball+exercises&safe=strict&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjr3tCf96jZAhVNw2MKHS1wBNQQ\\_AUICigB&biw=1093&bih=692](https://www.google.com/search?q=yoga+ball+exercises&safe=strict&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjr3tCf96jZAhVNw2MKHS1wBNQQ_AUICigB&biw=1093&bih=692)

## Battle Rope Exercises

[https://www.google.com/search?q=battle+rope+exercises&safe=strict&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjc0fC096jZAhVLzGMKHQpyB4YQ\\_AUICygC&biw=1093&bih=692](https://www.google.com/search?q=battle+rope+exercises&safe=strict&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjc0fC096jZAhVLzGMKHQpyB4YQ_AUICygC&biw=1093&bih=692)

## Agility Hurdle Exercises

[https://www.google.com/search?q=agility+hurdle+drills&safe=strict&source=lnms&tbm=isch&sa=X&ved=0ahUKEwiy9Mnf96jZAhVHzWMKHeoKBOIQ\\_AUICygC&biw=1093&bih=692](https://www.google.com/search?q=agility+hurdle+drills&safe=strict&source=lnms&tbm=isch&sa=X&ved=0ahUKEwiy9Mnf96jZAhVHzWMKHeoKBOIQ_AUICygC&biw=1093&bih=692)

## Agility Hurdle Exercises

[https://images.search.yahoo.com/search/images;\\_ylt=A0SO81LWBYZa6eQAIhdXNyoA;\\_ylu=X3oDMTBO NjZjZzZhBGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNiYwNwaXZz?p=agility+ladder+exercises&fr2=piv-web&fr=yset\\_chr\\_syc\\_oracle](https://images.search.yahoo.com/search/images;_ylt=A0SO81LWBYZa6eQAIhdXNyoA;_ylu=X3oDMTBO NjZjZzZhBGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNiYwNwaXZz?p=agility+ladder+exercises&fr2=piv-web&fr=yset_chr_syc_oracle)

## Kettlebell Exercises

[https://www.google.com/search?q=kettlebell+exercises&safe=strict&source=lnms&tbm=isch&sa=X&ved=0ahUKEwi6t9z196jZAhVU2GMKHQolCPMQ\\_AUICygC&biw=1093&bih=692](https://www.google.com/search?q=kettlebell+exercises&safe=strict&source=lnms&tbm=isch&sa=X&ved=0ahUKEwi6t9z196jZAhVU2GMKHQolCPMQ_AUICygC&biw=1093&bih=692)

## Aerobic Step Exercises

[https://www.google.com/search?safe=strict&biw=1093&bih=692&tbm=isch&sa=1&ei=VAWGWobpMpW-jwOvm4HAAg&q=aerobic+step+exercises&oq=aerobic+step&gs\\_l=psy-ab.1.2.0i10.29788.35501.0.37649.18.14.3.1.1.0.213.1554.5j7j1.13.0...0...1c.1.64.psy-ab..1.17.1574...0i10k1j0i67k1.0.UCXRhc3LwqQ](https://www.google.com/search?safe=strict&biw=1093&bih=692&tbm=isch&sa=1&ei=VAWGWobpMpW-jwOvm4HAAg&q=aerobic+step+exercises&oq=aerobic+step&gs_l=psy-ab.1.2.0i10.29788.35501.0.37649.18.14.3.1.1.0.213.1554.5j7j1.13.0...0...1c.1.64.psy-ab..1.17.1574...0i10k1j0i67k1.0.UCXRhc3LwqQ)

## Power Band Exercises

[https://www.google.com/search?safe=strict&biw=1093&bih=692&tbm=isch&sa=1&ei=ewWGWtyaJoGUjQP1jozIDA&q=power+band+exercises&oq=power+band+exer&gs\\_l=psy-ab.1.1.0i2j0i30k1j0i24k1i4.26259.32162.0.34236.15.13.0.0.0.295.1549.0j5j3.8.0...0...1c.1.64.psy-ab..7.8.1546...0i67k1j0i10k1j0i8i30k1j0i8i10i30k1.0.PjVTm2tAC5w](https://www.google.com/search?safe=strict&biw=1093&bih=692&tbm=isch&sa=1&ei=ewWGWtyaJoGUjQP1jozIDA&q=power+band+exercises&oq=power+band+exer&gs_l=psy-ab.1.1.0i2j0i30k1j0i24k1i4.26259.32162.0.34236.15.13.0.0.0.295.1549.0j5j3.8.0...0...1c.1.64.psy-ab..7.8.1546...0i67k1j0i10k1j0i8i30k1j0i8i10i30k1.0.PjVTm2tAC5w)

## Exercise Band Exercises

[https://www.google.com/search?safe=strict&biw=1093&bih=692&tbm=isch&sa=1&ei=ngWGWuHfOob6jwOpvIPICA&q=exercise+band+exercises&oq=exercise+band+&gs\\_l=psy-ab.1.0.0i10.24188.26494.0.2854.7.14.13.0.0.0.205.1029.4j3j1.8.0...0...1c.1.64.psy-ab..6.8.1027...0i67k1.0.YFMDm37EXkQ](https://www.google.com/search?safe=strict&biw=1093&bih=692&tbm=isch&sa=1&ei=ngWGWuHfOob6jwOpvIPICA&q=exercise+band+exercises&oq=exercise+band+&gs_l=psy-ab.1.0.0i10.24188.26494.0.2854.7.14.13.0.0.0.205.1029.4j3j1.8.0...0...1c.1.64.psy-ab..6.8.1027...0i67k1.0.YFMDm37EXkQ)

## Slam Ball Exercises

[https://images.search.yahoo.com/search/images;\\_ylt=AwSbgj8BYZaOkIAFyZXNyoA;\\_ylu=X3oDMTB0NjZjZzZhbGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNIYwNwaXZz?p=slam+ball+exercises&fr2=piv-web&fr=yset\\_chr\\_syc\\_oracle](https://images.search.yahoo.com/search/images;_ylt=AwSbgj8BYZaOkIAFyZXNyoA;_ylu=X3oDMTB0NjZjZzZhbGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNIYwNwaXZz?p=slam+ball+exercises&fr2=piv-web&fr=yset_chr_syc_oracle)

#### Ankle Band Exercises

[https://images.search.yahoo.com/search/images;\\_ylt=AwrgDmlCBoZaWmkAoyNXNyoA;\\_ylu=X3oDMTB0NjZjZzZhbGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNIYwNwaXZz?p=ankle+band+agility+training&fr2=piv-web&fr=yset\\_chr\\_syc\\_oracle](https://images.search.yahoo.com/search/images;_ylt=AwrgDmlCBoZaWmkAoyNXNyoA;_ylu=X3oDMTB0NjZjZzZhbGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNIYwNwaXZz?p=ankle+band+agility+training&fr2=piv-web&fr=yset_chr_syc_oracle)

#### Ab Roller Exercises

[https://images.search.yahoo.com/search/images;\\_ylt=AwTcX9FBoZaO.MARfqJzbf;\\_ylu=X3oDMTBsZ29xY3ZzBHNIYwNzZWFyY2gEc2xrA2J1dHRvbg--;\\_ylc=X1MDOTYwNjI4NTcEX3IDMgRhY3RuA2NsawRiY2sDYjZtajRkdDkzNDdhbiUyNmllM0Q0JTl2ZCUzRDhyM3RWR05wWUVLQWloNkVMV0xPdkEzSUtYc0F6QWRJcHZ2RVZnLS0lMjZzJTNEaDAIMjZpJTNEJzZXhyUHlpadnZvaXZ2a2FhU0IEY3NyY3B2aWQDVHlwdFVqRXdmakt6V21SdIVqSWRWd1hfTWpBMUxnQUFBQUNOTnlUQRmcgN5c2V0X2Nocl9zeWNfb3JhY2xIBGZyMgNzYS1ncARncHJpZAN1UktmMjc4aFJWYUiliLVITXhfcUdBBG10ZXN0aWQDbnVsbARuX3N1Z2cDMTAEb3JpZ2luA2ltYWdlcy5zZWFyY2gueWFob28uY29tBHBvcwMxBHBxc3RyA2FilHJvbGxlcieAECfzdHJsAzEwBHFzdHJsAzE5BHF1ZXJ5A2FilHJvbGxlcieGVyY2l2ZXMEEdF9zdG1wAzE1MTg3MzI5ODkEdnRlc3RpZANudWxs?gprid=uRKf278hRValb.UbMx\\_qGA&pvid=TyptUjEwLjKzWmRvUjldVwX\\_MjA1LgAAAACNNyeQ&p=ab+roller+exercises&fr=yset\\_chr\\_syc\\_oracle&fr2=sa-gp-images.search.yahoo.com&ei=UTF-8&n=60&x=wrt](https://images.search.yahoo.com/search/images;_ylt=AwTcX9FBoZaO.MARfqJzbf;_ylu=X3oDMTBsZ29xY3ZzBHNIYwNzZWFyY2gEc2xrA2J1dHRvbg--;_ylc=X1MDOTYwNjI4NTcEX3IDMgRhY3RuA2NsawRiY2sDYjZtajRkdDkzNDdhbiUyNmllM0Q0JTl2ZCUzRDhyM3RWR05wWUVLQWloNkVMV0xPdkEzSUtYc0F6QWRJcHZ2RVZnLS0lMjZzJTNEaDAIMjZpJTNEJzZXhyUHlpadnZvaXZ2a2FhU0IEY3NyY3B2aWQDVHlwdFVqRXdmakt6V21SdIVqSWRWd1hfTWpBMUxnQUFBQUNOTnlUQRmcgN5c2V0X2Nocl9zeWNfb3JhY2xIBGZyMgNzYS1ncARncHJpZAN1UktmMjc4aFJWYUiliLVITXhfcUdBBG10ZXN0aWQDbnVsbARuX3N1Z2cDMTAEb3JpZ2luA2ltYWdlcy5zZWFyY2gueWFob28uY29tBHBvcwMxBHBxc3RyA2FilHJvbGxlcieAECfzdHJsAzEwBHFzdHJsAzE5BHF1ZXJ5A2FilHJvbGxlcieGVyY2l2ZXMEEdF9zdG1wAzE1MTg3MzI5ODkEdnRlc3RpZANudWxs?gprid=uRKf278hRValb.UbMx_qGA&pvid=TyptUjEwLjKzWmRvUjldVwX_MjA1LgAAAACNNyeQ&p=ab+roller+exercises&fr=yset_chr_syc_oracle&fr2=sa-gp-images.search.yahoo.com&ei=UTF-8&n=60&x=wrt)

#### Weight Plate Exercises

[https://images.search.yahoo.com/search/images;\\_ylt=AwTcYOyBoZasjQAcK6Jzbf;\\_ylu=X3oDMTBsZ29xY3ZzBHNIYwNzZWFyY2gEc2xrA2J1dHRvbg--;\\_ylc=X1MDOTYwNjI4NTcEX3IDMgRhY3RuA2NsawRiY2sDYjZtajRkdDkzNDdhbiUyNmllM0Q0JTl2ZCUzRDhyM3RWR05wWUVLQWloNkVMV0xPdkEzSUtYc0F6QWRJcHZ2RVZnLS0lMjZzJTNEaDAIMjZpJTNEJzZXhyUHlpadnZvaXZ2a2FhU0IEY3NyY3B2aWQDb0oyV196RXdmakt6V21SdIVqSWRWd1FOTWpBMUxnQUFBQUNUcmRHZwRmcgN5c2V0X2Nocl9zeWNfb3JhY2xIBGZyMgNzYS1ncARncHJpZANOU3BEZGILeVR4bXBfanJpTUNCai5BBG10ZXN0aWQDbnVsbARuX3N1Z2cDMwRvcmlnaW4DaW1hZ2VzLnNlYXJjaC55YWhvby5jb20EcG9zAzEEcHFzdHIDd2VpZ2h0IHBSYXRlIGV4ZlxiEcfzdHJsAzE3BHFzdHJsAzlyBHF1ZXJ5A3dlaWdodCBwbGF0ZSBleGVyY2l2ZXMEEdF9zdG1wAzE1MTg3MzI5ODkEdnRlc3RpZANudWxs?gprid=NSpDdiKyTxmp\\_jriMCBj.A&pvid=oJ2W\\_zEwLjKzWmRvUjldVwQNMjA1LgAAAACTrdGg&p=weight+plate+exercises&fr=yset\\_chr\\_syc\\_oracle&fr2=sa-gp-images.search.yahoo.com&ei=UTF-8&n=60&x=wrt](https://images.search.yahoo.com/search/images;_ylt=AwTcYOyBoZasjQAcK6Jzbf;_ylu=X3oDMTBsZ29xY3ZzBHNIYwNzZWFyY2gEc2xrA2J1dHRvbg--;_ylc=X1MDOTYwNjI4NTcEX3IDMgRhY3RuA2NsawRiY2sDYjZtajRkdDkzNDdhbiUyNmllM0Q0JTl2ZCUzRDhyM3RWR05wWUVLQWloNkVMV0xPdkEzSUtYc0F6QWRJcHZ2RVZnLS0lMjZzJTNEaDAIMjZpJTNEJzZXhyUHlpadnZvaXZ2a2FhU0IEY3NyY3B2aWQDb0oyV196RXdmakt6V21SdIVqSWRWd1FOTWpBMUxnQUFBQUNUcmRHZwRmcgN5c2V0X2Nocl9zeWNfb3JhY2xIBGZyMgNzYS1ncARncHJpZANOU3BEZGILeVR4bXBfanJpTUNCai5BBG10ZXN0aWQDbnVsbARuX3N1Z2cDMwRvcmlnaW4DaW1hZ2VzLnNlYXJjaC55YWhvby5jb20EcG9zAzEEcHFzdHIDd2VpZ2h0IHBSYXRlIGV4ZlxiEcfzdHJsAzE3BHFzdHJsAzlyBHF1ZXJ5A3dlaWdodCBwbGF0ZSBleGVyY2l2ZXMEEdF9zdG1wAzE1MTg3MzI5ODkEdnRlc3RpZANudWxs?gprid=NSpDdiKyTxmp_jriMCBj.A&pvid=oJ2W_zEwLjKzWmRvUjldVwQNMjA1LgAAAACTrdGg&p=weight+plate+exercises&fr=yset_chr_syc_oracle&fr2=sa-gp-images.search.yahoo.com&ei=UTF-8&n=60&x=wrt)

#### Dumbbell Exercises

[https://images.search.yahoo.com/search/images;\\_ylt=A0SO8wtbB4ZaKTEAAiJXNyoA;\\_ylu=X3oDMTB0NjZjZzZhbGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNIYwNwaXZz?p=dumbbell+exercises&fr2=piv-web&fr=yset\\_chr\\_syc\\_oracle](https://images.search.yahoo.com/search/images;_ylt=A0SO8wtbB4ZaKTEAAiJXNyoA;_ylu=X3oDMTB0NjZjZzZhbGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNIYwNwaXZz?p=dumbbell+exercises&fr2=piv-web&fr=yset_chr_syc_oracle)